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**'THE INSTANT OF
DESIRE' CAPTURED
COMPANY PRESENTS
DARING DANCE {page 12}**



**ADIEU
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Board votes to protect sexual minorities

- Public school board's policy against harassment of LGBTQ students and staff first of its kind in Prairie provinces
- Trustees already formed anti-bullying committee last month ► Chair says students, staff face increased risk

There were cheers and tears of joy when the Edmonton Public Schools board of trustees made their decision last night.

EPSB board chair Dave Colburn said it was a powerful moment when the board approved a motion to create a policy to ensure all schools prevent harassment and discrimination of lesbian, gay, bisexual, transsexual/transgendered and

queer (LGBTQ) students and staff.

"Students and staff of sexual minorities ... face such dramatic increased risk of persecution, discrimination, harassment and even emotional and physical violence," Colburn said yesterday.

School districts in Victoria as well as others throughout British Columbia have similar policies, as does a school

district in Toronto, said Colburn.

"(I hope) one of the outcomes of this motion will be to stimulate awareness, not only in Alberta but across the country," he said.

Trustee Christopher Spencer put forward the motion. He said it was an honour to do so.

"There's an important distinction

between being tolerant of difference and being welcome to difference," said Spencer. "We are (now) a better school system."

Colburn said it could take two months for the policy to be written, which will include both community and staff input.

● HEATHER MCINTYRE

Sound. Of music



► Grade 7 band students from Cardinal Leger perform at the Winspear Centre yesterday under the instruction of Louise Dawson.

Music made

More than 1,000 students in 27 bands from junior and senior Catholic high schools around the city performed in the annual Band Share Day yesterday at the Winspear Centre. Music ranged from standard concert band to popular to jazz repertoire.

\$42.5-billion industry

Second only to drug trade

► Trafficking of human cargo a pervasive enterprise ► Yet few see it as a local issue {page 3}

Bodycheck rocks NHL

Hockey world reacts to latest in string of ugly hits {page 25}

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Human trafficking a city problem

Humans are the second-most trafficked item in the world behind drugs, a group at Grant MacEwan University heard as part of Sexual Exploitation Awareness Week.

"The legislation that came out in 2005 was connected to a case in Calgary where it came to people's attention that human trafficking was happening," said Kimberly Ferland of Edmonton's Action Coalition on Human Trafficking (ACT).

Though charges have been brought, Alberta has had no human trafficking convictions.

Across Canada only a few trafficking charges have stuck, perhaps because the Criminal Code puts the onus on victims who are often still too paralyzed with fear, said Ferland.

Last month human trafficking charges against Sachi massage parlour from 2009 — where police say they rescued three women forced to perform sex acts — crumbled due to "significant witness issues," and the accused pleaded guilty to lesser charges of keeping a common bawdy house.

Ferland says most people don't see the forced labour and sex market as a local one.

But sporting events, malls, group homes and the Internet are hubs where people, usually youth, are being lured and deceived into sexual exploitation with the promise of "big money."

The UN says human trafficking is a \$42.5-billion industry and 80 per cent of victims are women.

● SHELLEY WILLIAMSON



► Paulina Smit of Prostitution Awareness and Action Foundation of Edmonton (PAAFE), left, Const. Michelle Horchuk of EPS and REACH Edmonton, centre, and Sarah Ramsey of PAAFE dare to wear orange to support Sexual Exploitation Awareness Week.

Act fights exploitation

- Internet, malls among places johns and pimps find and exploit kids: EPS
- Police have seen parents, siblings sell kids into prostitution

SHELLEY WILLIAMSON
EDMONTON@METRONEWS.CA

Social networking sites like Facebook are making it easy for predators to find children to exploit sexually — and hard for police to find them.

"Not all of our youth that we work with are working the avenue," said Brenda Thompson, protection worker with Alberta Child and Youth Family Services, citing sites like

Facebook and Backpage.com.

Alberta is the only province with a law aimed at fighting sexual exploitation of youth, the Protection of Sexually Exploited Children Act (PSECA).

Under PSECA, underage sex workers can be taken off the streets for a period of time and to safe houses for "confined" recovery — and since last July, nine have been, say police.

"We never consider youth under 18 working in

the sex-trade business to be criminals, they are always victims," said Const. Norm Cameron of the Edmonton Police Service.

Kim York has seen some heartbreaking cases as a Catholic Social Services follow-up worker for street kids — including a girl whose pimp sliced her face with a broken bottle.

"I think (it's important) to keep in mind these are children and they are being sexually abused out on that street, and it's some-

Exploitation facts

- The average age case workers see of youth exploited sexually is 15, but some are as young as 12.
- Alberta has two Protective Safe Houses, one in Calgary and one in Edmonton, to help those rescued from sexual exploitation, which together house eleven for five to 21 days.

thing that happens every day," said York.

Safety concerns known before recent suicide

Officials of Villa Caritas, the recently opened geriatric psychiatric facility, were aware of the dangers presented by wall hooks almost two months before a man hung himself at the facility.

Alberta Union of Provincial Employees president Guy Smith and

health and safety representative Dennis Malayko brought attention to the hooks while assessing the building with officials in December, they said yesterday.

NDP Leader Brian Mason learned of the death Tuesday, and blames the suicide on the province's hasty decision to close Al-

150 The number of beds at the Villa Caritas facility.

berta Hospital.

The facility will do an internal review, but it is not yet known if Alberta Justice will conduct a fatality inquiry.

● METRO

News in brief

Funds urged to find drugs

■ A fatality inquiry released yesterday recommends more funding to find drugs in the Edmonton Remand Centre.

Trevor McKort, 37, died in July 2010 of an apparent overdose. He was placed in segregation after several drug-related incidents and failed drug tests dur-

ing his time in prison, said the written report.

● METRO

Poll asks for views on arena

FACEBOOK. City Coun. Kerry Diotte has set up an online poll for those who want to express their views on the proposed downtown arena. Locals can vote by sending a message to Diotte via Facebook (facebook.com/kerry.diotte) and they will then be sent a link to the poll.

● METRO



News on the move

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New exhibit tells the story of the Afghan war through pictures. Video at metronews.ca

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U.S. testimony on Muslim radicalization fails to match the furor. Scan code for story.



Students to stand up

► During Stand Up For Day, students will hear presentations on need for clean water, mosquito nets in India and raise funds toward a cause

Every two years, Carla Cuglietta travels to India to meet with villages in need of water filters.

Over the last three years, they have been provided by Edmonton high

school students through Austin O'Brien High School's Stand Up For Day.

The students will participate in the third annual event on Tuesday.

"The causes have

changed, but water is consistent," said Cuglietta, the school chaplain, who has been travelling to India for the past six years.

The goal this year is to top last year's \$8,000 —

two-thirds of which will likely be put toward clean water. There are currently 350 students registered.

To donate, call Cuglietta at 780-466-3161 ext. 338.

● HEATHER MCINTYRE

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Holocaust survivor speaks of survival, hate

Hungary-born Holocaust survivor Dr. Eva Olsson spoke to St. Kevin Junior High School yesterday in an effort to combat intolerance.

When Olsson was 19 years old, in May of 1944, she was shipped by boxcar to Auschwitz along with her family.

Of the 89 people in her extended family, Olsson and her youngest sister were the only two to survive the concentration camps.

900

The number of presentations Dr. Eva Olsson has given, mainly to students. She is presenting in the Edmonton area all week.

Olsson spoke to the students about her experiences, tolerance and hate.

"They have an opportunity to see the power of hate. What hate did and what hate still does," said Olsson. "It's very important that this young generation have some awareness other than from a textbook. They cannot put a face to a textbook."

● ALISON BAIRD

Scientific panel backs research on oilsands pollution

A scientific panel has backed research that indicates oilsands development is releasing contaminants into northern Alberta watersheds.

The panel also concludes that government monitoring programs weren't even trying to determine if the industry was polluting the Athabasca River.

Environment Minister Rob Renner said the results from the panel's review will be used in an ongoing redesign of how the province keeps track of industry's impact on land and water.

But one of the University of Alberta scientists whose study led to the panel said it's probably already too late to get a true picture of how energy development has affected the area.

"It's nearly impossible at this point," David

Government

► **Monitoring** The Alberta government has been reworking its environmental monitoring since it was harshly criticized by several scientific panels.

► **Co-ordination** Alberta Environment Minister Rob Renner acknowledged there has to be a more co-ordinated system for monitoring.

► **Athabasca Contamination** in the Athabasca is well under human health guidelines.

Schindler said yesterday after the panel's findings were released by the Environment Department.

The six-member, government-appointed scientific panel's task was to try to explain why official accounts of pollution in the area clashed so sharply with those of Schindler and his co-authors.

Alberta has long said that contamination in the Athabasca River is stable, at low levels, and comes from eroding oilsands deposits along the riverbank.

THE CANADIAN PRESS

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► Phil Alain holds a painting by Edmonton artist Oksana Zhelisko above the mural in progress.

Mural comes together

► Mural to be unveiled at Lieutenant Governor of Alberta Distinguished Artist Awards Gala ► Total of 204 individual paintings will make flower bouquet

Artists are piecing together a masterpiece in St. Albert, one four-inch by four-inch square at a time.

After six months of designing, a floral-themed mural is coming together.

"Probably 110 artists have painted thus far," said Phil Alain.

Alain is working with Louis Lavoie, a well-known artist who has done 10 of these "fine art" murals.

Lavoie said the lieutenant-governor himself is slated to place the last painting next week, but if your inner artist would like to contribute, visit mural-mosaic.com for email con-

tacts.

The awards take place April 9. ● HEATHER MCINTYRE



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Edmonton a 'smarter city': IBM

Edmonton is among the smartest cities in the world when it comes to the innovative use of information technology to benefit citizens.

IBM awarded the city a \$400,000 US grant yesterday as one of 24 winners of the IBM Smarter Cities Challenge.

"We are proud to be recognized by a respected and global corporation as a smarter city, among a handful in the world," Mayor Stephen Mandel said in a release.

200 The number of cities around the world that applied for the challenge.

"This recognition shows Edmonton is becoming known as one of the best cities anywhere for technological leadership, and we are positioned for even greater things."

The grants provide access to IBM experts. IBM specialists will also work closely with city staff on strategic projects.

Winners include Chengdu, China; Delhi, India; Glasgow, U.K.; New Orleans; Nice, France; and Rio de Janeiro, among others.

● METRO

Pit bull owner fined

The owner of a pit bull has been fined after her dog attacked a smaller one, severing its jugular vein. Shannon Gouda-Okeynan, 30, was fined \$1,000 yester-

day in provincial court for a dog attack causing injury, and an additional \$500 fine for failing to muzzle or leash her dog. She was also ordered to pay \$2,465 to Daneane Pflughaupt, the owner of the Manchester terrier-Jack Russell cross that was attacked last June.

● METRO

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Military spending at highest point in decades: Study

► Canada's spending reflects its reputation on the world stage ► People have lost respect, Stephen Lewis notes

Canada is spending more on its military than at any time since the end of the Second World War, a new study reports.

The Canadian Centre for Policy Alternatives released the report yesterday. It says defence spending is expected to hit at least \$22.3 billion in the current budget year.

Researchers estimate that's a 54 per cent increase over the last decade.

The study was produced for the centre by Bill Robinson, a senior adviser with the Rideau Institute.

The report notes that a significant part of the budget increase has gone toward fighting the war in Afghanistan, which Robinson argues has robbed Canada of the ability to carry out traditional peace-keeping missions.

Canada, which had been among the top contributors to United Nations peace-support missions,



► A Canadian military Sikorsky CH-148 Cyclone conducts test flights with HMCS Montreal in Halifax harbour.

now ranks 60th on the list of 102 contributing countries.

Robinson says the billions of dollars earmarked for military spending in the next two decades would be better directed into international aid and fighting climate change.

"Canada could make a much greater contribution to global security and humanitarian action by shifting resources to

non-military security efforts and to peacekeeping operations," Robinson said in a release by the centre.

"Such a shift would make Canada truly a great power in the world of development assistance and humanitarian aid. This is an arena in which Canada could punch above its weight on an issue crucial to human welfare and global security."

THE CANADIAN PRESS

Oil burns as Libyan conflict rages on

Two oil installations in Libya were set ablaze in fighting between rebels and forces loyal to Moammar Gadhafi yesterday.

In the west, Gadhafi claimed victory in recapturing Zawiyah, the city closest to the capital that had fallen into opposition hands. The claim could not immediately be verified; phone lines there have not been working during a deadly six-day siege.

Yesterday, a high-ranking member of the Libyan military flew to Cairo with a message for Egyptian army officials from Gadhafi, but no further details were known. THE ASSOCIATED PRESS

Rebel support

Gadhafi's successes have left the West struggling to make a plan to support the rebels without becoming ensnared in the conflict.

News in brief

SEAN KILPATRICK/THE CANADIAN PRESS



► A member of Parliament wears a tie made of the Maple Leaf Tartan.

Maple tartan made official

The Maple Leaf Tartan has been named an official national symbol.

The red, green and yellow plaid has been around for four decades but now it's getting an official nod.

It will be up there with the Maple Leaf and the Coat of Arms as national emblems. THE CANADIAN PRESS

Poll: Voters side with opposition

Most Canadians say they don't want an election, but if there is one, a new

poll suggests Canadians are siding with the opposition on issues such as corporate tax cuts and help for the elderly.

The latest Canadian Press-Harris Decima survey shows a clear majority support the Liberal proposal to roll back tax cuts on corporations.

THE CANADIAN PRESS

Tories rebuked by Speaker

The Harper government suffered a double blow yesterday in its battle with the opposition.

The Speaker of the House of Commons ruled against the Tories on two major issues.

Peter Milliken found that International Co-operation Minister Bev Oda breached parliamentary privilege by misleading MPs about the alteration of a document.

He also found that the government breached parliamentary privilege by refusing to provide all documents requested by the opposition on the cost of its crime bills and tax cuts. THE CANADIAN PRESS

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Kate's weight draws scrutiny

► Not uncommon for a bride-to-be to lose weight before the wedding because of nerves, says a wedding planner

How thin is too thin? Not even Kate Middleton has escaped the thorny debate.

The willowy princess-to-be's appearance and reported comments during a visit to Northern Ireland sparked some concerns yesterday about whether she's losing too much weight ahead of the April 29 royal wedding. The subject even became a topic on Twitter.

In front-page newspaper photographs, Middleton appears to be in good health if slightly slimmer than usual, but reporters heard many in the Belfast crowd of well-wishers on Tuesday making comments that she looked a bit gaunt.

One woman, Heather Lindsay, told Middleton "not to lose any more weight," and said Middle-

"Even those brides who don't plan to lose weight ... These are pictures they'll have forever, so they want to be in good form."

MARK NIEMIERKO,
LONDON WEDDING PLANNER

ton remarked that it was all part of the wedding plan.

Palace officials refused to say whether Prince William's fiancée is trying to lose a few pounds before the big day. They also declined to specify her height, weight or to comment on her words in Northern Ireland.

"It was an off-the-cuff comment," said a press aide. **THE ASSOCIATED PRESS**

PM to attend

ROBERT BENZIE/TORSTAR NEWS SERVICE



Prime Minister Stephen Harper and his wife Laureen will be at the royal wedding in London next month.

- The Prime Minister's Office says Harper has formally accepted the invitation to attend the Westminster Abbey ceremony on April 29.
- Harper calls the wedding a historic and happy moment and says he's delighted to attend.

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Canadian officer gets a taste of Haiti

► More than 150 Canadian police officers are in Haiti on a UN mission to provide security and expertise to a nation still reeling from the effects of an earthquake



JENNIFER
TAPLIN
@METRONEWS.CA

Domestic abuse and fights over money are the most common crimes in Camp Corail, a tent city in Haiti.

"There was one murder-suicide and I think that's the most serious case we've had," said Const. Jules Laraque, one of five police officers from Halifax who are working in Haiti.

His nine-month mission is nearly over.

"There are cases of rape too, but it's about once or twice a month."

He's part of a UN contingent working with Haitian police to keep the peace in Camp Corail, home to over 7,000 displaced people.

The country of his parents' birth is far from restored.

A devastating earthquake rocked Haiti on Jan. 12, 2010. There are still many demolished buildings yet to be cleaned up, Laraque said.

"When things were starting to slowly move forward, there was a cholera outbreak that hit the city and the election, and that caused some troubles."

And while there is plenty of crime in Camp Corail, there are fewer convictions.

Penniless victims have a hard time getting transportation into Port-au-Prince to make court dates, so the accused usually goes free.

Background

► **Mooseheads Const.** Jules Laraque played and coached for the Halifax Mooseheads QMJHL team.

► **Oilers** His older brother is former Edmonton Oilers enforcer Georges Laraque.

► **Laraque** will take home many happy memories when his nine-month mission ends on March 22.



► A woman suffering cholera symptoms is carried to a local hospital in Port-au-Prince, Haiti, on Tuesday.

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²Example is based on a \$250,000 mortgage at 6.00% APR on a 5-year fixed rate term. *Registered trade-marks of Bank of Montreal.

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- 128.26 (13,884.71)	+ 0.29¢ (\$103.23 US)
Oil	Natural gas
	
- 64¢ US (\$104.38 US)	\$3.930 US (+ 6.6¢ US)
	Gold contracts \$1,429.60 US (+ \$2.40)

Air Canada
must wait
for 787s

Deliveries of Air Canada's first Boeing 787 Dreamliners have again been delayed, causing the airline to postpone its international expansion plans. Delivery of the long-range, more fuel-efficient planes was expected in 2010, but Boeing has struggled with the design and says they won't be ready until as late as 2014.

THE CANADIAN PRESS

Canadians
gung-ho on
mortgages

Some 85 per cent of Canadian homeowners are confident they can pay off their mortgage, even if the market turns for the worse, the Royal Bank's annual outlook suggests. The findings go against a slew of statistics warning that Canadians are getting in over their heads and may find themselves in difficulty when interest rates rise.

THE CANADIAN PRESS

Smoke. Screen



► Starting in 2015, these London shopkeepers will have to hide away tobacco products to comply with a British government ban on their display. The Association of Convenience Stores estimates it will cost owners \$65 million US to dismantle displays and refit counters.

OLI SCARFF/GETTY IMAGES

Counter strike against smoking

Following the lead of Iceland, Ireland and Canada, the British government yesterday banned displays of tobacco products in English shops in an effort to reduce smoking. Large stores must cover up starting in 2012, while small shops have until 2015.

THE ASSOCIATED PRESS

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Breaking News.

A new study published in the International Journal of Cosmetic Surgery and Aesthetic Dermatology showed a 93% increase in hair among the respondents using Cold Laser Therapy.

In addition, more than 89% of participants see noticeable indications of benefits within 6-12 weeks of therapy.

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Suite #202, 9509 - 156 St.Banks balk
at TSX merger

► Brain drain, job loss among scenarios painted by opponents of Toronto-London stock exchange

The heart of Canada's financial sector joined a growing list of naysayers warning of the dangers in a proposed merger of the Toronto and London stock exchange operators, casting further doubt on the future of the deal.

Some of Canada's big banks argued yesterday that the Toronto exchange already attracts global companies and that plans to put the CEO of the merged company in London would reduce Canada's role.

"We do not believe this takeover offer is the right solution to creating a globally sustainable exchange,

"Where do you think the big investment firms will be? They won't be in Canada, they'll be in London."

STEPHEN JARISLOWSKY, CEO,
JARISLOWSKY, FRASER

and nor will it allow Canada to achieve the benefits of globalization offered," Bob Dorrance, head of TD Securities, told a hearing at the Ontario legislature.

Financial institutions, including TD, CIBC and National Bank, are drafting a

public letter warning that Canada risks losing its clout as a financial centre.

However, opposition to the deal by the banks was by no means unanimous.

Eric Tripp, president of BMO Capital Markets, which advised the TMX Group on the deal, said the merger would benefit the industry.

"The TMX has a real opportunity to expand and grow, and ensure that Canada's exchanges won't be sidelined," Tripp said. "It is an opportunity to capitalize on our core competencies to both grow and create jobs."

THE CANADIAN PRESS



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STICK, GLOVES, JERSEY ... BOXER BRIEFS?

He says ...

JOHN MAZEROLLE



I, apparently, am a pantywaist — that insult reserved by bellicose hockey fans for those of us who dare suggest that the NHL should be less violent than a game of Grand Theft Auto 3.

They say pantywaist because they know they can't call us female genitalia, though they'd like to, so they pick something that sounds like it's in the same general vicinity.

Let me say in reply: What a bunch of boxer briefs.

I like hockey, I like hitting, I had great fun watching earlier this year when Boston and Dallas had three fights in the first

six seconds.

But I'm getting pretty tired of watching concussed players flop to the ice like they're Muppets and Frank Oz is at lunch.

And I'm even more tired that it's still up for debate on television. In newspapers the case is closed: Accidental and malicious hits alike are threatening to kill someone.

But on TV there's always somebody — Don Cherry and Craig MacTavish come immediately to mind — who makes it sound like anybody who questions all but the most objectionable hits is threatening to turn the game into the Royal Winnipeg Ballet (Royal Phoenix Ballet after 1996).

The Bill Masterton Memorial Trophy — named after the only player who ever died because of an NHL game — does not need

another namesake. Masterton wasn't wearing a helmet when he cracked his head on the ice. Wearing one was considered a sign of weakness. And it took a couple of decades before everybody was namby-pamby enough to wear one.

The caveman culture — sorry, "the Code" — is hard to break.

That's why it's especially ridiculous when TV commentators resistant to change bark that they "PLAYED /COACHED/ KNOW THE GAME!"

The NHL game is played by about 700 players. It's watched by millions. The game isn't for them. It's for us.

And being a backseat driver is perfectly acceptable when the car is going the wrong way down the highway.

A big debate needs to happen

at the league level, but for now the NHL should multiply all its typical suspensions by about 10. The league will be the last to come around but the discussion already appears to be changing, even on TV.

Two years ago, TSN's Bob McKenzie — he who never played the NHL game! — seemed like the only prominent hockey voice who thought hockey violence should be dealt with. Now even former Boston Bruin Mike Milbury, who once beat a fan with his shoe, is wondering if the league is handling the rules around head shots properly.

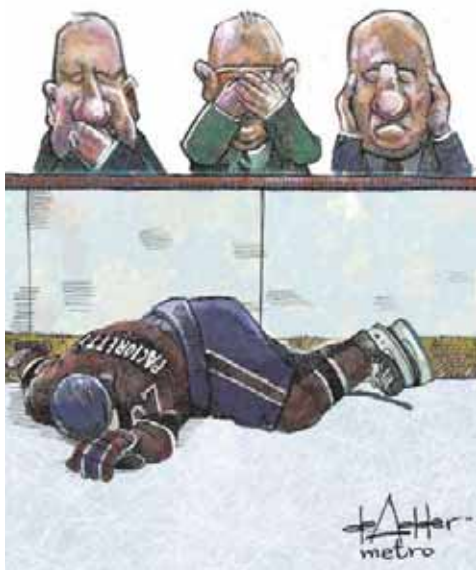
What a pantywaist.



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

THE NHL RESPONDS TO THE ZDENO CHARA HIT:



MICHAEL DE ADOR

What government means

Letters
& Tweets

RE: 'Harper Government' branding draws more fire, published March 9

WHITE ROCK, B.C. The recent disingenuous response by Dimitri Soudas, director of communications in Stephen Harper's PMO, to public outrage concerning the replacement on government documents of "the Government of Canada" by "the Harper Government" is self-serving, partisan politics.

Within Parliament the government is the prime minister and cabinet. That is understood and within the context of Parliament that is accepted practice. Canada is a parliamentary

Government's new moniker



ADRIAN WYLD/THE CANADIAN PRESS

democracy and a constitutional monarchy. We elect parliaments, not parties, not prime ministers.

Governors general represent the head of state, the Queen.

Prime ministers are the Queen's first ministers in the Government of Canada in Parliament.

Governments are accountable to Parliament

and serve the sovereign who represents the sovereignty of the people.

BRIAN MARLATT

We asked: What is wrong with kids these days?

TORONTO. Media influence. End of story. Period. The end.

J WILKINS

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Metro Minute with World Kidney Day

Today is World Kidney Day, and as a way to create awareness the City of Edmonton will be providing the public with kidney-related resources.

On the main floor of city hall, a free blood pressure clinic will be set up and visitors can have the chance to consult with a renal nurse.

Information on dia-

betes, high blood pressure, kidney stones, urinary tract infections and other renal issues will be available.

This event runs from 8:30 a.m. to 5 p.m. The theme of this year's World Kidney Day is the link between chronic kidney disease and cardiovascular disease.

● METRO



HEATHER MCINTYRE/METRO

► Find out more about renal issues on World Kidney Day inside city hall.

2
scene

An infectious experience

► Pteros Tactics engages the audience in a whirlwind romance ► Company brings Edmonton a rare chance to see some of Canada's best dancers

BACKSTAGE
PASS

JENNIFER LARAWAY
EDMONTON@METRONEWS.CA



Ever wonder what it would be like to be a fly on the wall who witnesses

the moment when two people lock eyes and connect? The energy you can feel between them is infectious. Like a car accident, it's impolite to stare but you can't look away. You wonder if someone will make a move or if you'll find your counterpart in such a dramatic and commanding way. Pteros Tactics gives the audience just that — an inside look at "the instant of desire."

In a performance reminiscent of the Academy Award nominated *Black Swan*, Pteros Tactics also explores unpredictable — sometimes disturbing, sometimes intriguing — characters. This performance in particular articulates the space between the lover and beloved with energetic and interactive movements. The performers often jet out into the audience with dynamic, loose-limbed energy or passionate singing.

In collaboration with artistic director Christopher House, Pteros Tactics was inspired and created



► Move over *Dancing With the Stars*, Ptero Tactics is in town.

Background



by Toronto Dance Theatre's extraordinary dancers, who are known for their trademark blending of graceful and risky moves. House, on the other hand, has a claim to fame from transforming the Toronto Dance Theatre into a company

► **Dance.** Brian Webb Dance Company represents Edmonton's only complete season of contemporary dance.

► **Ptero Tactics.** They brought Ptero Tactics to town, which is based on Anne Carson's essay *Eros the Bittersweet*

► **West's best.** The company is recognized as the largest dance season west of Toronto.

known internationally for its fresh, intelligent and provocative dance.

Needless to say, this is a rare treat for Edmonton and not to be missed. With only a few performances remaining, this weekend's shows also celebrate the close of a suc-

cessful Brian Webb Dance's season at the Timms Centre for the Arts on the University Campus (87 Avenue and 112 Street) and takes place on Friday and Saturday.

Show tickets are \$30 each or if you are a student, you can snatch them up for a cool \$20. Tickets are available at TIX on the Square: 780-420-1757 or tixonthesquare.ca. Performances begin at 8 p.m.

Each week Metro gives you a heads-up on some of the hottest tickets and biggest event personalities this city has to offer. Join the conversation on Twitter with @mediamindjen or tell us about your upcoming event by emailing entertainment@metronews.ca.

Step up for some great hip hop dancing

On Saturday, March 19, hip hop dancers compete in Artists Emerge at the Jubilee Auditorium Northern Alberta

Some of the country's most talented performers who are just looking for their big break. The event hints at celebrity judge status from popular TV shows such as *So You Think You Can Dance* Canada and America's Best Dance Crew making this \$5 to \$16 event a steal.

The competition has two major categories: Dance studios and professional crew battles with the final showdown taking place at 7 p.m. Tickets and details are on artistsemerge.com.

● JENNIFER LARAWAY

Comic art taken to a new level

Geek is the new chic and *Shades of Grey* proves it with their VelvetVision art exhibition.

Taking place at 10444 — 82 Ave., this show features the works of artist Bruce White. He masterfully paints sci-fi, horror and comic favourites onto black velvet.

Check out 28 original works, the majority of which were exclusively created for this engagement and feature iconic characters such as Captain Kirk, Iron Man, Darth Vader, Doctor Who, and Frankenstein's Monster.

Better hurry and get those tickets, the show wraps on March 18. Call the store for details at (780) 756-0034.

● JENNIFER LARAWAY

Scene in brief



Lady Gaga's deal to sell a special edition of her upcoming album at Target is now out of range. A representative for the singer said yesterday the two sides "came to a mutual decision to end their overall exclusive partnership a few weeks ago." The Advocate reported Tuesday that Gaga wasn't comfortable with the deal.

THE ASSOCIATED PRESS

Shatner excited to host Genie Awards

William Shatner says he's excited to be hosting the Genie Awards, which he regards as Canada's version of the Oscars.

But he admits to being a bit unsure about taking the reins of the televised gala, noting that the widely panned Academy Awards show was largely blamed on lacklustre MCs Anne Hathaway and James Fran-

co. Shatner says from Los Angeles that he'll do his best with the Genies and

jokes: "They tried the very young. Now they're trying the very old."

The 79-year-old film and TV star heads to Ottawa today to begin preparations for tomorrow's Genie Awards, which will honour the best in Canadian film.

The leading nominees include the sprawling romantic dramedy *Barney's Version* and the wrenching war saga *Incendies*.

The Genie Awards air on CBC at 8 p.m. across the country, and at 8:30 p.m. in



► William Shatner

Newfoundland.

Shatner said he's keen to put on an entertaining show.

"Ever since they offered me the job I've been going around saying, 'What's the secret (to hosting)?' and nobody will tell me," the actor said earlier this week by phone.

"I think the secret first of all is good material. Then, as for the delivery, you're stuck with yourself. But I've been in front of audiences for a long time, with vary-

ing levels of success. Never, to my mind, (have I been) an abject failure."

The Montreal-born actor says he's not above resorting to a well-worn tactic in order to engage the studio audience at the National Arts Centre.

"I'll be scanning the audience and waving Hello, the way (people) do — (I'll) point and wave," deadpans Shatner, whose lengthy career spans more than six decades on stage, film and TV. THE CANADIAN PRESS



Justin Bieber's sneaker goes on sale on eBay, with proceeds to go to his former high school. Scan for story.

Custody battle on the horizon?

► **metro**

► **person wants to keep ex to visitations**

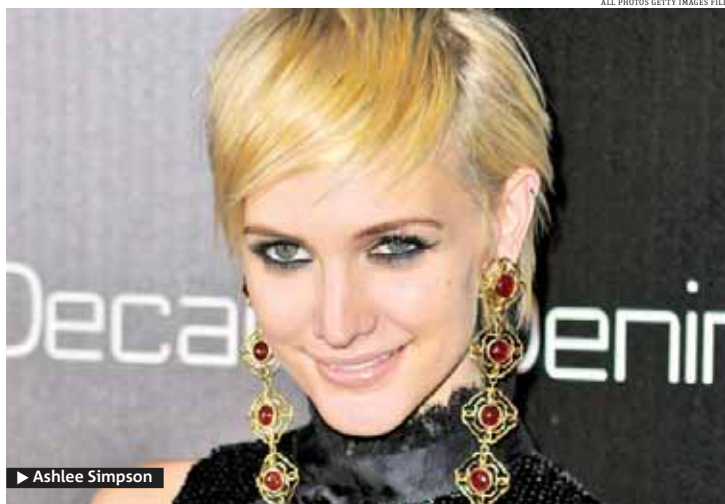
It looks like Ashlee Simpson's divorce from Pete Wentz isn't going to be as simple as she thought, as Wentz filed papers this week seeking joint custody of their two-year-old son, Bronx, and requesting that they each pay their own legal fees, according to People magazine.

In her initial divorce filing, Simpson had requested full custody of Bronx, with visitation rights for Wentz, and that Wentz pay her lawyer costs.

But a source close to Wentz says this isn't a sign that a brutal custody battle is coming.

"He's not gearing up for a custody war," the source says.

● METRO



► Ashlee Simpson

ALL PHOTOS GETTY IMAGES FILE

Talking points

Charlie Sheen may not be 'winning'

PEOPLE. While Charlie Sheen has been proudly proclaiming his new "winning" lifestyle, things aren't actually going so well for the recently fired Two and a Half Men star.

"I'm really starting to lose my mind. I'm ready to call anyone to help," Sheen tells Life & Style magazine.

"I'm really trying to contain myself right now. My lawyer wants to come over to my house and take the bullets out of my gun."

And his friends agree: "Charlie's losing it," a Sheen confidante tells the magazine.

"Charlie is a ticking time bomb, and we all fear he could do something drastic like committing suicide or falling back on hard drugs." ● METRO

Celebrity tweets



Jonah Hill
[@JonahHill]
Million Dollar Listing is definitely hurting without Chad. Don't pretend like you don't know what I'm talking about.
#iwatchbadtvshows



Simon Pegg
[@simonpegg] A small house fire in LA has been attributed to Charlie Sheen's publicist exploding. No one else was hurt.



Jessica Alba
[@jessica-alba] Finishing a late lunch - now I want to sleep. @cash_warren is ordering 4 desserts... What the heck do we do w him



Conan O'Brien
[@Conan-O'Brien] Good news, I treated myself today to the new iPad 1. Wait... what's that?
● METRO

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3
lifeTopshop coming
to Canada

Topshop and Topman have found a new home across the Atlantic at the Hudson's Bay Co. The Bay has earned Canadian franchise rights for the U.K. fast-fashion retailers, including rights for both shops within the Bay's stores as well as standalone. Topshop and Topman are expected to launch stores within the Bay this fall.

THE CANADIAN PRESS



Got \$14K to spare? A Philadelphia retailer has custom-made a prom gown using hundreds of diamonds. Scan or visit metronews.ca for story.

Four stellar weeks of style come to an end as Autumn/Winter Fashion Month wraps up in France Take in five shows from the Paris runways, each befitting a grand finale

A peek into Paris à la mode

KENYA HUNT
METRO WORLD NEWS


MANISH ARORA

He's hardly a new face on the scene. Still, Manish Arora, who just took on a second job as creative director of Paco Rabanne, seems to be on the cusp of a bigger kind of fashion fame. His fall show had his starriest audience yet (key editors, stylists and Kanye West) with heavily ornamented, painstakingly embroidered creations to match. Standouts included a series of patchwork dresses in metallic jewel tones (the most wearable of the bunch), a dramatic bird-cage dress with laser cut-outs and a series of fur skirts with gold hardware framing the waist.



VIVIENNE WESTWOOD

We've seen a lot of shimmer this season. And a lot of it has felt glamorous in a seriously grown-up kind of way. But let's face it; glitter and sequins are also the stuff of high camp. It's meant to be kind of zany. Vivienne Westwood was one of few designers to treat it this way, covering dresses, shoes and even the runway (complete with a finale shower of sequins) in eye-popping glittery gold. It's a bold look, and not the easiest to pull off. But on the catwalk, it made for a wild and fun moment.



RYKIEL

Creative director Nathalie Rykiel interpreted the season's plaid trend in a way that was feminine, fun, flamboyant and very true to the spirit of her mother. Standouts included a beige-and-black plaid coat with massive tangerine-coloured fur sleeves (another big trend for fall) and a dress in the same colourway with an oversized pink stole.



GIVENCHY

Riccardo Tisci, who sits at the top of the list of designers rumoured to replace John Galliano at Christian Dior, showed a seductive collection centred around the '50s pin-up girl. But instead of taking the literal approach and showing skin-tight bustier dresses, he created leggy skirts with transparent panels that revealed a flash of thigh. It was the smart girl's version of sexy dressing. Other highlights included his bomber jackets covered in graphic panther heads, which could be a contender for the print of the season.



CHANEL

A part of the fun of a Chanel show is seeing how Karl Lagerfeld will reinterpret the house's signatures. A coal miner's daughter in tricked-out tweed at a swanky Paris nightclub? On Karl Lagerfeld's smoky, ash-covered runway in Paris's Grand Palais, it weirdly made sense. He sent out a dark and fantastical array of beautifully constructed looks including mini skirts over skinny trousers, tweed boleros and jumpsuits for evening, all worn with tough girl biker boots. Romantic lace balanced out the hard edginess of it all.

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Getting hung up on art

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KARL LOHNES
HOME@
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It constantly surprises me how so many people buy a nice sofa, get some great art to hang over it, then hang the artwork way too high.

I see this common decorating mistake over and over again. Lets hang our art at a place where we can enjoy it and where it compliments our decorating efforts.

Here are some easy-to-follow rules for hanging artwork throughout your home.

Anchor the art

When hanging art work over a sofa in your living room or a headboard in the bedroom (these pieces of furniture are referred to as an anchor), the artwork should fill approximately two-thirds of the width of the anchor.

For example, if you have a sofa that is six-feet wide, the artwork hanging above should fill about four feet of the width of the sofa.

This doesn't mean that you have to look for a piece of art that is four-feet wide — you can combine pieces to come up with a total width of four feet.

Never hang artwork in relationship to the height of the ceiling. It should be



▶ Artwork should be hung eight to 12 inches over an anchor piece of furniture.

hung in relationship to the anchor you are hanging it above or the floor. In a low-ceiling room, this means you should hang your artwork about eight inches above the anchor.

In a room with high ceilings, hang pieces 12 inches above the anchor.

Floating your art

When hanging artwork without an anchor, consider every angle from which you will be viewing the piece when deciding where to hang it. Remember that hanging pieces lower to the ground creates a more relaxed feel in your room. The basic rule is to measure 66 inches from the floor — the middle of your artwork should be at this height. You've likely heard that artwork should be hung at "eye level," a qualification that is obviously in the eye of the beholder!

Sixty-six inches (or five

feet, six inches) is approximately the height of the average woman, so ensuring that the centre of your artwork is placed at this height is a good rule of thumb when taking the "eye level" idea into account. If hanging artwork up a stairwell wall then follow the 66-inch rule and make sure to space the art between the bottom and top steps only.

Updating your art

The shape of your available wall space can greatly influence the way in which you hang your artwork.

If you want to fill up some wall space between two doors, for example, it would be appropriate to hang artwork in a vertical fashion. It is particularly important to consider the shape of your wall space when hanging a collection.

Remember that using large artwork in small

spaces creates grandeur — this is a great tip to keep in mind when decorating your entranceway, for example. If hanging a group of artwork together, then put the largest or heaviest-looking piece in the middle and gradually place the artwork smaller and smaller until the smallest art is displayed on the outer edges of the grouping.

Other things to hang

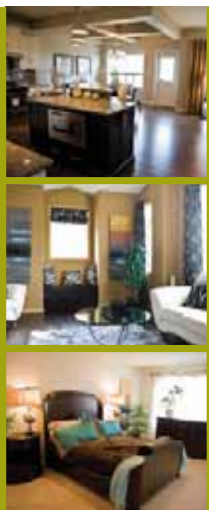
For hanging a fuel-burning or electric fireplace, the rule is the same as hanging a plasma TV. Fireplaces should be hung 36 to 42 inches from the floor to the centre of the fireplace. Similarly, plasma televisions should be hung about 40 to 42 inches from the floor to the television's centre. If hanging art or a flat screen television over a mantel, it should be placed three to six inches above the top of the mantel.



▶ Hanging artwork higher creates a disconnect.

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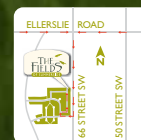
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"If you haven't used it in a year, you need to ask yourself, Does it make sense to keep it? If it's important to keep it, how can you use it?" SEAN HUNT, PRESIDENT OF GARAGE SPECIALISTS INC., ON DECIDING WHAT TO THROW AWAY

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got you down?

► Cleaning and organizing doesn't have to be a daunting task

Garages may have started out as a place to store cars, but gradually they've become a place to store almost everything else, from sports equipment to dog food to holiday decorations.

As the weather gets warmer and the spring cleaning urge hits, it's a good time to take stock of your garage. Is it a functional space or just a repository for junk? Are there more logical ways to store your belongings?

Before you rush out and buy new shelving and cabinets, professional organizer Cindy Tyner recommends putting some serious thought into how you want to use your garage.

She says the No. 1 mistake people make is pulling everything out of the garage first and then getting overwhelmed when they try to cram it all back in.

"People go out and buy things, like storage systems and bins, and say, 'This is what I need to get me organized,' but the things don't fit the purposes they need," said Tyner, who owns an Ann Arbor, Mich.-based organizing business called Functional Spaces.

Once you've decided



► Is your garage a functional space or just a repository for junk?

how to use your garage, here are some tips to help you finish the job.

- Pick a sunny day to clear out all your belongings. Decide what will stay, what can be donated and what should be thrown away.
- Once the garage is cleared, sweep and wash the floors and walls. A fresh coat of paint can brighten

the walls, and paints made especially for garage floors protect them from oil and gas stains, and prolong the life of the concrete.

- Consider what kind of storage you need. Costs vary significantly, from \$40 plastic shelving to \$350 steel shelving. You can use old kitchen cabinets or buy new ones.
- Use all your available

space. For items you only need occasionally, such as holiday decorations, consider overhead storage units.

- Store things close to where you need them, and in logical places. All the gardening equipment should go together, for example, and the bike helmets should be next to the bikes. **THE ASSOCIATED PRESS**



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With planning, your small space can yield big results

Gardeners react no differently than anyone else when times are tough: They tighten spending and try to squeeze more from their budgets. Some turn to close cropping — crowding plants as a cheap and easy way to maximize yields from minimal space.

Placing garden plants shoulder-to-shoulder is not a new idea. Native peoples are credited with introducing the “three sisters” concept, in which corn, beans and squash were planted alongside one another. The nitrogen-rich climbing beans used the corn stalks for structure, while the ground-hugging squash

“If you have a lot of nutrition in the soil, then a lot of plants won’t mind being crowded.”

DEREK FELL,
AUTHOR OF MORE THAN 100
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IMPORTANCE OF USING RICH SOIL

smothered weeds and reduced soil evaporation. The result: three interdependent and eminently edible crops produced from the same ground.

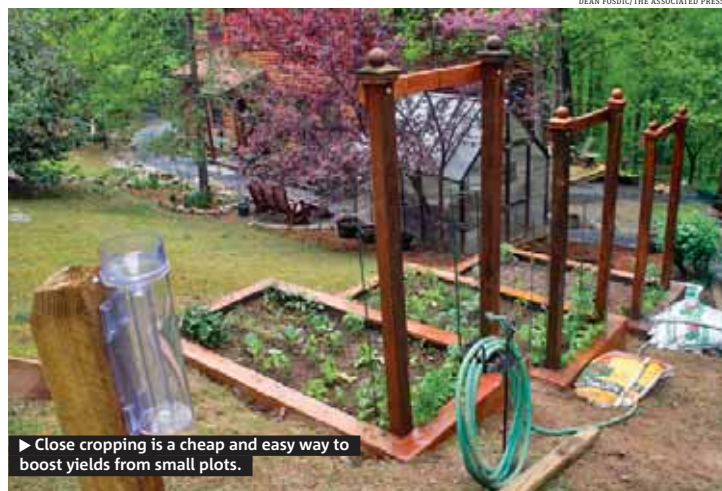
If done right, massing plants in their growing beds is also an efficient way for urban gardeners to make the most of patios or decks, balconies or

fire escapes.

“Many gardeners find themselves in a situation of wanting to grow either more produce in the same amount of space, or grow similar amounts in a reduced area,” said Ben Sturtevant, a marketing specialist with Johnny’s Selected Seeds in Winslow, Maine. “This leads to finding ways to change methods or use new methods of production.”

Garden beds can be compressed if managed properly. That includes letting enough air flow around the plants to prevent mildew, Sturtevant said.

THE ASSOCIATED PRESS



► Close cropping is a cheap and easy way to boost yields from small plots.

DEAN FOSDICK/THE ASSOCIATED PRESS

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► The Katrina Cottage packs a living room, two bedrooms and one bath into 544 square feet.

Tiny homes can become treasures

Tiny houses are going mainstream.

Just look at the Katrina Cottage, originally designed by architects Andres Duany and Marianne Cusato as a dignified alternative to the Federal Emergency Management Agency trailer for flood-ravaged New Orleans. The tiny charmers with pitched roofs, nostalgic front porches and 300 to 1,800 square feet are becoming popular elsewhere; Lowe's home stores sell the blueprints and materials.

The cottages are being used as affordable housing, guesthouses and vacation cottages.

It's part of a larger trend toward living small.

The average size of the American home expanded

from 983 square feet in 1950 to 2,340 square feet in 2004, up 140 per cent. This boom was largely driven by a belief that living big meant living well, and that real estate was a great investment, so the bigger the house the better the investment.

The recession is one thing killing that notion. Millions of foreclosures have meant “people have lost a ton of equity,” said Boyce Thompson, editorial director of Builder magazine. Add in high unemployment and energy costs, and no wonder small might seem better.

According to the American Institute of Architects in 2010, 57 per cent of architecture firms reported a decrease in the square

footage of homes they designed.

Another factor is the desire to live more ecologically and less wastefully.

And there are demographic changes. Thompson points out that one-third of American home buyers are now single; people are marrying later, and many don't want to wait until marriage to invest in a house. Moreover, as Americans live longer, many widows and widowers are downsizing to small homes.

And with elderly parents and grown children returning home, there are more multigenerational families, increasing the demand “for small auxiliary buildings,” Cusato says.

THE ASSOCIATED PRESS

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Outdoor lighting comes of age

► The variety you find indoors is now outside too

A trend toward creating "outdoor rooms" has dramatically increased lighting options for homeowners who want to extend their time outside.

Most indoor lighting fixtures — chandeliers, pendant lights, table lamps — now have a counterpart designed for patios or decks.

"We have seen outdoor lights absolutely replicating indoor designs," said Anne Robert of theoutdoorstylist.com, a website that focuses on home trends.

"Outdoor lighting is a mood setter. It can make or break a design just like it can indoors."

The abundance of products lets you make outdoor spaces more functional, said Rich Young of Outdoor

Living Brands in Richmond, Va. "It allows families to extend the square footage of their home," he said. "With the right light, you can extend the evening for dining or reading or other activities outdoors."

When choosing fixtures for outdoor entertaining areas, consider how much light is necessary, said Alene Workman, a spokeswoman for the American Society of Interior Designers. A table needs to have sufficient light so diners can eat, whereas a conversation area may need only soft mood lighting.

Be creative with table lighting, recommends Krissa Rossbund, a senior style editor at Traditional Home Magazine.

"Gone are the days when

THE OUTDOOR LIGHTS



► The Outdoor Lights offers copper lanterns and illuminated, artificial birdhouses. The lanterns can hang from a shepherd's hook or a tree branch.

people hang a chandelier over a table and call it lit," she said.

She suggests hanging

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► Moonlight USA sells decorative outdoor illuminated globes, which can glow white like the moon or cast light in a rainbow of colours.

a bright colour.

Outdoor chandeliers come in a variety of styles, from mission to modern. Manufacturers also offer many candle chandeliers for outdoor areas that don't have electricity.

For seating areas, choose a weighted outdoor floor

lamp, said Workman, who owns an interior design firm in Hollywood, Fla. "There are wonderful new outdoor lights that are almost art pieces themselves," she said.

Coloured lights, illuminated furniture and subtle fixtures designed to blend with nature will be popular this year, according to design professionals.

Workman expects to see the use of colour increase, and "I don't mean Christmas lights," she said. Landscapers are starting to incorporate subtle red, blue and pink lights into their work, she said.

Colour is particularly appropriate if you are planning a party, Rossbund added. It's "a fun way to change things up," she said.

Some homeowners are adding a bright pop of colour with light-up patio furniture, Robert said. The battery-powered chairs and tables are available in a variety of colours.

International designers like Moduluxe and Neoz have created lines of plastic tables and chairs that are lit from within.

Avanzini has a line of wood furniture made with glowing light strips.

THE ASSOCIATED PRESS

two small chandeliers instead of one large one, or buying a chandelier at a flea market and painting it



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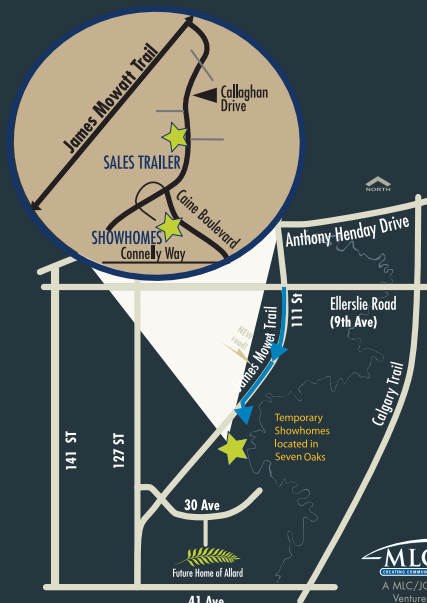
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The Affordable Dream

With March break around the corner for many students, here we offer up a recipe that even the pickiest child will love to help you make and will chow down with no complaints

Kid-friendly eats & treats

As a mom who regularly travels with her kids, my concerns are always centered around what healthy meals and snacks can sur-

vive the trip and its inevitable delays.

You know what I mean by survive, right?

What won't crumble in-

to a 1,000 pieces in a bag, turn toxic when they confiscate your gel pack, or smell so offensive your neighbours tell the flight

attendants on you. (That actually happened to me. Helpful note: Don't eat hard boiled eggs on planes.)

There's the usual stuff at airports like bananas, apples and the occasional cheese string, but I like things that pack a nutritional punch as well as — you know — pack well.

These granola balls are full of protein, fibre and vitamin A (thank you, cranberries).

They're perfect for little fingers to eat, and are a fun and quick pre-March break flight project for your miniature bakers.

Cranberry Granola Balls

Preparation:

- 1 Spread oats and coconut out on baking sheet and toast in 350 F (180 C) oven for about 10 minutes or until lightly brown.

- 2 In sauce pan, combine sunflower butter, agave and brown sugar over medium heat. Stir until brown sugar is completely blended. Stir continuously so mixture doesn't burn.

- 3 Add oat mixture, granola and cranberries to sugar mixture and stir to combine. Let cool slightly. With moist hands, roll a teaspoonful (5 mL) of the mixture in palm of hands to create bite-size balls. Place on plate and refrigerate for about an hour to harden. Store in an airtight container at room temperature for up to 1 week.

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(SWEETPOTATOCRONICLES.COM)

Ingredients:

- 2 cups (500 mL) old-fashioned rolled oats
- 1/2 cup (125 mL) unsweetened shredded coconut
- 1/2 cup (125 mL) agave nectar
- 1/4 cup (50 mL) packed

- brown sugar
- 1/2 cup (125 mL) sunflower butter (no nut worries)
- 1/2 cup (125 mL) homemade or store-bought granola
- 1/2 cup (125 mL) unsweetened dried cranberries

MAYA VISNYEI PHOTOGRAPHY



► This recipe makes 24 granola balls.

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- There are all kinds of ways for families to spend time together during March break
 ► We've got lots of suggestions to get you started

Our guide to fun times on March break



► A puzzle is a great way to enjoy "we" time.

Creative ideas

Here's a list of some fun March break activities from Judy Arnall, a parenting expert and author in Calgary.

Stormy day ideas

- Dig out those puzzles and crafts that didn't get opened at Christmas.
- Buy a paint-by-numbers kit and have everyone pitch in to complete it.
- Have a themed movie week; for example, a Harry Potter movie fest.
- Pitch a tent in the family room and "camp out" for a few days.

When it's nicer outside

- Go tobogganing, cross-country skiing or snowshoeing.
- Hunt for treasures at a

second-hand store.

Older kids

- Organize a cleaning project. (Does your basement need rearranging?)
- Pay your teen to do a big job such as categorizing all those photos on your computer.
- Have older kids check out the skating or swimming program at the local recreation centre.

Younger kids

- Throw a "stuffie" birthday party. (Invite all your stuffed animals and have cake, presents and a tea party.)
- Hold a Nerf party and invite the neighbourhood kids. (Go ahead — let them go wild.)
- Pick an historical era and organize clothing, activities and food around that theme.



PAULINE ANDERSON
LIFE@METRONEWS.CA

To ensure a fun March break with your kids, why not include them in the planning? Send your older daughter to the library or your son on the Internet to find out what's going on in your community.

While it's important to put structure into the week's activities, it's not a good idea to "hyper plan," says Alyson Schafer, a Toronto author of *Ain't Misbehavin': Tactics for Tantrums, Meltdowns, Bedtime Blues and Other Perfectly Normal Kid Behaviors*.

"What a lot of families miss most is unstructured altogether time, so that might be playing a board game or cleaning the garage." She stresses that kids prefer a family swim instead of being dropped

off at a swim camp, even if you're watching from the sidelines. "Kids really just want to be with mom and dad when mom and dad aren't in a bad mood," says Schafer.

Prepare to stand in long lineups at places like the museum, and to cover only a third of the exhibits in twice as much time as any other week.

Organizing activities for families with kids of different ages — say a two-year-old and a 10-year-old — takes some creative planning. Schafer suggests the family head for a destination (a local ski slope) where one parent takes the older child (down a bunny hill) while the other entertains the younger one (in the chalet).

"So even though they did different things while they were there, there's still a common memory."

Good times,

◉ We've got some professional advice for making your March break moments last

If you're one of the lucky ones going away for March break, you're probably hoping to capture special memories on your digital camera. But on your return home after the bags are unpacked and the photos are uploaded to your computer, it's then you may realize you have less-than-stellar images.

Here is some advice from Philip Maher, a professional photographer and father of two. He offers these tips to improve your vacation photos.

- Don't shoot into the light. This is the most common mistake of vacation photos. Ensure the source of light (usually the sun) is behind you.
- Hold the camera steady. With digital cameras, there is a tendency to hold the camera a foot from your eye. This blurs your images.
- For spectacular images, avoid noon-hour shots. You'll end up with ugly, harsh shadows. Use morning or late-afternoon light

or avoid shadows altogether by taking pictures on overcast days.

- Do you ever wonder what to focus on in a photo? It's the eyes. Don't worry about the rest of the face.

• Don't be afraid to rearrange your subjects. Squish your kids' faces together or ask dad to place his arm around his daughter.

- Take your family photos quickly. Kids can be squirmy and they hate it when mom or dad pull out the camera and take 10 minutes (an eternity in kid time) to set up and make the shot. Taking photos of your kids is like ripping off a bandage — do it fast and they won't mind next time.
- Be patient and wait for action. Having the camera at the ready captures those spectacular action images, which your children will remember into adulthood. Isn't creating family memories the point of the entire exercise?

NEWS CANADA



► Having your camera at the ready will help you catch those fleeting moments.

It's March break — so take a hike

According to a recent study by the Canadian Fitness and Lifestyle Research Institute, Canadian children do not get enough physical activity on a daily basis. Walking is an easy way to incorporate exercise into your child's daily routine. And it isn't only a great source of exercise. According to research, going for a walk can also improve your child's mood. This March break, Get your kids walking (and smiling) with these tips.

- Walk with a buddy. Whether it's a friend, family member or even a dog, having a walking buddy will make the time fly.
- Establish a "walking school bus." Select a route from home to school and pick up other children along the way. Take turns with other parents to lead the walking school bus each day.

• Go on family hikes. At My Best (atmybest.ca), a national school-based children's wellness



► As the weather starts to warm, take advantage of some gorgeous days and get outside.

program developed by AstraZeneca Canada and Physical and Health Education Canada, recommends that communities start hiking clubs so families

can do physical activity together. It's also a wonderful way to make new friends and get to know your neighbourhood.

NEWS CANADA

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ISTOCK

Take care in the sun

An Ontario poll suggests many young people continue to expose themselves to ultraviolet radiation from the sun or the use of tanning equipment, despite the risk of skin cancer, including potentially deadly melanoma.

The Environics survey shows that many young people in the province still engage in harmful behaviours, such as getting a "base tan" before going on a beach vacation because they believe it will protect them from sunburn.

"We're concerned that too many Ontarians continue to seek a tan, especially before and during a winter vacation in a sunny climate," says Dr. Loraine



Flickr/Faith Goble

► The sun can cause damage — even in winter.

Marrett, director of surveillance, prevention and cancer control at Cancer Care Ontario. "There is simply no safe way to get a tan."

For Canadians planning to spend their March break in the sun, the society offers the following ways to avoid dangerous UV exposure.

- Plan outdoor activities before 11 a.m. or after 4

"We need to work towards a social norm that does not include a tan as a sign of beauty or health."

SALIMA ALLIBHAI-HUSSEIN,
CANCER SOCIETY

p.m. to minimize exposure when rays from the sun are most intense.

- Seek shade or create your own shade with an umbrella or other portable structure.
- Wear a wide-brimmed hat and loose-fitting clothing made of tightly woven fabric.
- Liberally apply a broad-spectrum (with UVA and UVB protection) sunscreen, SPF 15 or higher.
- Wear sunglasses with UVA and UVB protection.

Dr. Cheryl Rosen, national director of the Canadian Dermatology Association's sun awareness program, says they are particularly concerned about youth because the use of tanning equipment before the age of 35 has been found to increase the risk of melanoma.

THE CANADIAN PRESS



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QUICK TIP

Saving is easier when you have a reward to look forward to. If you've always wanted an amazing family vacation, now's a perfect time to start planning. Here's how:

- Set a goal and a date – let's say next March Break
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- Set up automatic online transfers to pay yourself first, right after payday
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THURSDAY, MARCH 10, 2011

Travel with kids needs planning

► But it doesn't have to be a huge hassle



► If you're prepared, you can relax before you get there.

With the children out of school for March break, it seemed like a great idea to book a family trip. Now, faced with bags to pack, kids to entertain and unpredictable weather threatening to delay your travel plans, are you having second thoughts?

Relax — or at least think about how relaxed you'll be when you get to your destination. You may not be able to control the weather, but planning ahead will help you manage any travel hiccups so you can enjoy a stress-free holiday.

As a travel enthusiast, Stacie Pearson, associate vice-president of TD Credit Cards, has some experience with reducing travel stress, and offers her top tips for travellers this March break.

Drive to the airport. Avoid worrying if your family and your luggage will all squeeze into one airport limo or taxi. Set your own schedule and drive your own car to a se-

cure and convenient airport parking lot. Keep in mind that some travel credit cards will let you redeem points for airport parking so that you can include it in the total cost of your vacation.

Take the earliest flight possible. Try to book a flight as early in the day as possible and avoid the last flight out. Delays tend to happen as the day goes on, so booking an early flight limits the chances of getting stuck at the airport.

Don't lose a day of vacation because your luggage is lost. Protect yourself by booking your trip on a credit card that has Delayed and Lost Baggage Insurance. For instance, if you charge the full cost of your tickets to the TD First Class Travel Visa Infinite Card, you, your spouse and dependent children can be eligible to receive up to \$1,000 each, if your checked baggage is lost or delayed more than six hours. Just to be safe,

make sure your carry-on includes destination must-haves, like a swimsuit and sandals, so that if your luggage is delayed for a few hours, you can head to the beach while you wait for your bags.

Avoid surprises by budgeting for all costs. While big ticket items are easy to calculate, costs including airport transfers and taxes often get overlooked. **NEWS CANADA**

Use your points

- Many travellers experience the pinch of unexpected costs such as weight restrictions.
- Consider using a credit card that offers travel reward points that you can use for more than just the plane ticket — airport parking, taxes, even a massage at the resort's spa.
- Being able to offset these costs with points will help to significantly reduce your total travel expenses.

Ovie has big night vs. Oilers

50

CAPITALS

OILERS

Alex Ovechkin had two goals and an assist to reach 601 career points, and the Washington Capitals beat the Edmonton Oilers 5-0 last night for their sixth consecutive victory.

Ovechkin passed Michal Pivonka to gain sole possession of third place on the team's career points chart. Only Peter Bondra (825) and Mike Gartner (789) have more points in a Washington uniform than Ovechkin, now in his sixth NHL season.

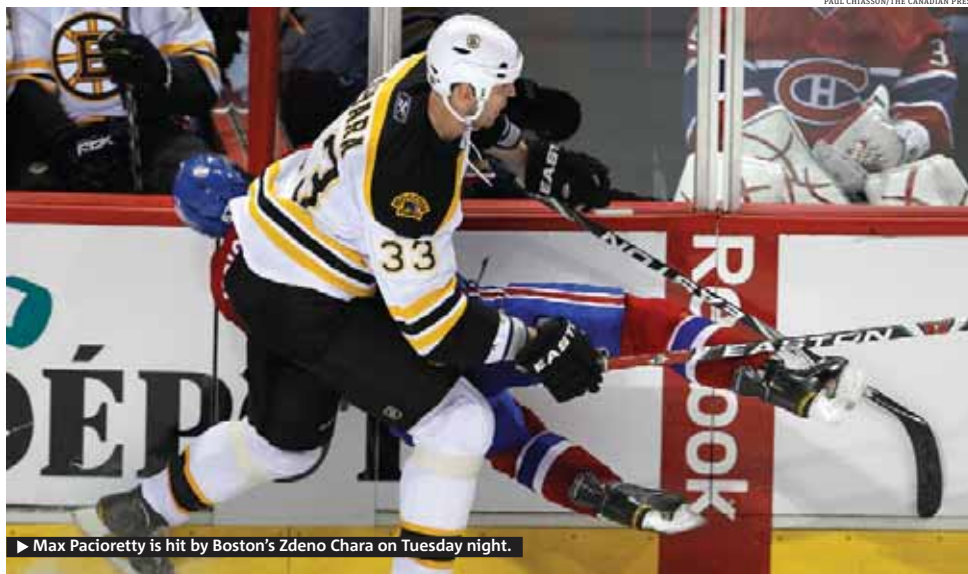
Rookie goalie Braden Holtby stopped 22 shots for his first career shutout. He is 6-2-2 in 10 games, all this season.

Eric Fehr scored twice in his return from a 22-game absence because of a shoulder injury, and Jason Arnott had an assist for his 900th career point.

Edmonton, which has the fewest points in the NHL, has lost two in row after winning three straight. Nikolai Khabibulin made 31 saves for the Oilers but fell to 10-27-2.

"This is one of those games you don't like talking about in March," Edmonton coach Tom Renney said. "I can see maybe the first half of the year, but this is March now. I don't care who we're playing and how they're touted, the thing is we have to play our game and tonight we deviated in a big way from that. And that's disappointing."

THE ASSOCIATED PRESS



► Max Pacioretty is hit by Boston's Zdeno Chara on Tuesday night.

Chara hit rocks NHL

► Bruins captain won't be punished by league, but blow that left Max Pacioretty injured has increased debate about players' safety

In a season of nasty hits and concussions in hockey, the one that left Montreal Canadiens forward Max Pacioretty lying motionless on the Bell Centre ice may have been the most frightening.

Still, the National Hockey League opted yesterday not to issue a fine or suspension to Boston Bruins captain Zdeno Chara for the hit that sent Pacioretty to hospital with a concussion and a fractured neck.

The incident late in the second period of the Cana-

dians' 4-1 victory over visiting Boston on Tuesday was replayed countless times on television, once again raising debate on whether the NHL is doing enough to end blows to the head and reduce serious injuries.

"I feel bad about what happened," Chara said at practice yesterday before learning about the league's decision. "I was trying to make a strong hockey play and play hard and it's very unfortunate, like I said, that a player got

A crime?

Montreal police are asking hockey-mad Canadiens fans to stop calling them to file complaints against Zdeno Chara.

► Police say they have been inundated with calls from people seeking to file a criminal complaint.

hurt and had to leave the game."

It reached the House of Commons, where the hit

was called "unacceptable" by Minister of State for Sport Gary Lunn.

Pacioretty suffered a severe concussion and a non-displaced fracture to the fourth cervical vertebra in his neck.

Doug Richards, medical director of the McIntosh sports medicine clinic at the University of Toronto and former team doctor for the Toronto Raptors, said such a fracture alone usually takes about three months to heal.

THE CANADIAN PRESS

4

sports

Quoted



"After three ends we were just ripping everything. That's what worked out great."

MANITOBA'S JEFF STOUGHTON, WHO DEFEATED ALBERTA'S KEVIN MARTIN 5-1 AT THE TIM HORTONS BRIER LAST NIGHT.

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d-Philadelphia	66	41	19	3	3	212	175	88	20-11-2	20-9-2-1	4-5-1-0	W1
d-Washington	68	38	20	5	5	183	167	86	20-8-2-5	18-12-3-0	8-2-0-0	W6
d-Boston	66	38	20	3	5	200	156	84	16-12-2-2	22-8-1-3	7-2-1-0	L2
Pittsburgh	68	39	21	5	3	196	167	86	21-11-2-4	18-10-3-3	4-2-3-1	W2
Tampa Bay	67	38	21	3	5	200	203	84	22-8-1-4	16-13-2-1	4-4-0-2	W1
Montreal	67	37	23	4	3	180	168	81	21-8-3-3	16-15-1-0	6-3-0-1	W5
N.Y. Rangers	68	35	29	2	2	193	164	74	17-17-1-2	20-12-1-0	5-5-0-0	W2
Buffalo	66	32	26	7	1	190	190	72	14-15-2-1	18-11-5-0	5-3-1-1	L1
Carolina	67	31	26	5	5	193	204	72	18-10-2-2	13-16-3-3	4-4-1-1	L2
Toronto	67	29	28	5	5	176	206	68	15-12-3-4	14-16-2-1	5-1-2-2	L2
Atlanta	67	28	28	4	7	187	216	67	16-14-3-5	18-14-3-2	3-6-0-1	W2
New Jersey	66	30	32	3	1	140	170	64	15-14-2-1	15-18-0-1	8-2-0-0	L1
Florida	67	27	31	5	4	168	186	63	13-13-5-3	14-18-0-1	3-5-2-0	W1
N.Y. Islanders	68	26	32	5	5	188	215	62	15-15-1-4	11-17-4-1	5-2-2-1	W1
Ottawa	66	23	34	5	4	149	207	55	11-18-2-3	12-16-3-1	5-4-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	68	43	16	4	5	220	158	95	23-7-1-4	20-9-3-1	6-4-0-0	W3
d-Detroit	67	39	20	5	3	220	195	86	17-11-3-2	22-9-2-1	4-4-1-1	L4
d-San Jose	67	39	22	4	2	188	169	84	18-11-2-1	21-11-2-1	8-2-0-0	W1
Chicago	68	37	24	2	5	223	190	81	21-14-0-4	16-10-3-4	8-1-0-1	L2
Calgary	69	36	24	3	6	211	196	81	21-14-0-3	15-14-2-3	7-2-0-1	W3
Dallas	67	36	23	3	5	187	190	80	18-9-2-4	18-14-1-1	4-4-2-0	L1
Los Angeles	67	37	25	3	2	185	164	79	20-11-2-4	17-14-1-2	5-3-1-1	W1
Phoenix	68	34	23	7	4	194	198	79	16-11-4-2	18-12-3-2	4-4-1-1	L1
Minnesota	67	35	25	2	5	176	176	77	17-13-1-3	18-12-1-2	5-3-1-1	W1
Nashville	67	33	24	6	4	169	159	76	15-7-4-3	18-18-1-1	5-1-1-1	L2
Anaheim	66	35	26	3	2	182	193	75	20-11-1-1	15-15-2-1	4-5-1-0	L1
Columbus	66	31	26	4	5	183	200	71	16-13-1-2	15-13-3-3	3-3-1-3	L6
St. Louis	67	30	27	5	5	186	201	69	19-11-3-3	11-17-3-2	3-7-0-0	W2
Colorado	66	26	32	7	1	187	229	60	14-16-4-0	12-16-3-1	1-7-1-1	L6
Edmonton	68	23	37	1	7	170	224	54	12-19-3-1	11-18-1-3	5-5-0-0	L2

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Washington 5 Edmonton 0
 Atlanta 3 Carolina 2 (OT)
 Los Angeles 2 Detroit 1
 St. Louis 4 Columbus 3 (OT)
 Tampa Bay 4 Chicago 3 (SO)
 Calgary 4 Dallas 3 (SO)
 N.Y. Rangers at Anaheim
Tuesday's results
 Ottawa 2 New Jersey 1
 Philadelphia 4 Edmonton 1
 Pittsburgh 3 Buffalo 1
 N.Y. Islanders 4 Toronto 3 (OT)

CAPITALS 5, OILERS 0

First Period — No Scoring.
Penalties — Gilbert Edm (slashing) 9:34, Hanan Wash (interference) 14:28, Arnott Wash (hooking) 20:00.
Second Period
 1. Washington, Ovechkin 26 (Arnott, Semin) 5:38 (pp)
 2. Washington, Fehr 9 (Carlson, Ovechkin) 10:32 (pp)
Penalties — Jones Edm (kneeing) 4:14, Khabibulin Edm (delay of game; served by Giroux) 8:53, Plante Edm (tripping) 16:06.
Third Period
 3. Washington, Ovechkin 27 (Johansson) 3:10
 4. Washington, Fehr 10 (Chimera, Laich) 7:47
 5. Washington, Semin 25 (Sturm, Wideman) 14:30
Penalties — Hendricks Wash (interference) 8:39, Semin Wash (slashing) 10:32, Pajjarvi Edm (holding) 11:33.
Shots on goal by
 Edmonton 10 7 5 —22
 Washington 12 15 9 —36
Goal — Edmorton: Khabibulin (L10-27-2); Washington: Holtby (W6-2-2). **Power plays (goals-chances)** — Edmorton: 0-4; Washington: 2-5.
Attendance — 18,398 (18,398) at Washington.

FLAMES 4, STARS 3 (SO)

First Period
 1. Calgary, Bourque 23 (Glencross, Stalos) 10:26
 2. Calgary, Kostopoulos 6 (Jadman, Backlund) 11:28
 3. Calgary, Babchuk 11, 13:41
 4. Dallas, Benn 18 (Ott, Goligoski) 18:28 (pp)
Penalties — Stajan Cal (tripping) 15:05, Bourque Cal (hooking) 16:38, Robidas Dal (high-sticking) 19:00.
Second Period
 5. Dallas, Ribeiro 14 (Woywitka) 5:12
Penalties — None.

Florida 3 Chicago 2
 Montreal 4 Boston 1
 Minnesota 5 Colorado 2
 Vancouver 4 Phoenix 3 (OT)
 San Jose 3 Nashville 2 (OT)
Tonight's games (all times Eastern)
 Buffalo at Boston, 7 p.m.
 Philadelphia at Toronto, 7 p.m.
 Ottawa at Florida, 7:30 p.m.
 Montreal at St. Louis, 8 p.m.
 Minnesota at Nashville, 8 p.m.
 Calgary at Phoenix, 9 p.m.
 Vancouver at San Jose, 10:30 p.m.

Third Period
 6. Dallas, Vincour 1 (Petersen, Woywitka) 5:39
Penalty — Sarich Cal (boarding) 17:32.
Overtime
 No Scoring.
Penalties — None.
Shootout — Calgary wins 2-1
Calgary (2) — Tanguay, goal; Bourque, miss; Glencross, goal; Dallas (1) — Benn, miss; Richards, miss; Ribeiro, goal.
Shots on goal by
 Calgary 10 4 13 7—34
 Dallas 8 15 9 2—34
Goal — Calgary: Kiprusoff (W,32-20-5); Dallas: Lehtonen (L,28-18-8). **Power plays (goals-chances)** — Calgary: 0-1; Dallas: 1-3.
Attendance — 14,476 (18,532).

LATE TUESDAY

CANUCKS 4, COYOTES 3 (OT)

First Period
 1. Phoenix, Belanger 10, 3:27
 2. Phoenix, Doan 15 (Belanger, Schlemko) 10:55 (pp)
 3. Vancouver, Hamhuis 5 (Samuelsson, D.Sedin) 11:12
Penalty — D. Sedin Vcr (tripping) 9:05.
Second Period
 4. Vancouver, H.Sedin 16 (Kessler, Ehrhoff) 9:14 (pp)
 5. Vancouver, Salo 2 (H.Sedin, D.Sedin) 12:17
 6. Phoenix, Korpikoski 15 (Belanger, Rozsival) 19:17
Penalties — Korpikoski Pho (delay of game) 8:40, H.Sedin Vcr (hooking) 14:06.
Third Period
 No Scoring.
Penalties — Oreskovich Vcr (tripping) 2:43, Belanger Pho (cross-checking) 9:46.

Overtime

7. Vancouver, Hamhuis 6 (H.Sedin, D.Sedin) 2:13

Penalties — None.

Shots on goal by

Vancouver 16 14 8 1—39
 Phoenix 10 15 7 2—34
Goal — Vancouver: Luongo (W,31-13-7); Phoenix: Bryzgalov (L,28-17-8). **Power plays (goals-chances)** — Vancouver: 1-2; Phoenix: 1-3.
Att. — 12,843 (17,135) at Glendale, Ariz.

SCORING LEADERS

	G	A	Pt
D.Sedin, Vcr	34	50	84
Stankos, TB	41	38	79
H.Sedin, Vcr	16	63	79
St. Louis, TB	24	52	76
Ovechkin, Wash	25	44	69
Zetterberg, Det	18	51	69
Perry, Ana	31	37	68
Crosby, Pgh	32	34	66
Iginla, Cal	30	36	66
Toews, Chi	27	38	65
Kopitar, LA	20	45	65
B.Richards, Dal	24	39	63
E.Staal, Car	29	33	62
Sharp, Chi	33	28	61
Eriksson, Dal	23	38	61
Giroux, Pha	21	40	61
Selanne, Ana	21	39	60

Not including last night's games

TENNIS

WTA BNP PARIBAS OPEN

At Indian Wells, Calif.
Yesterday's results
Singles — First Round
 Zuzana Ondrasova, Czech Republic, def. Lauren Davis, U.S., 6-2, 6-1.
 Alize Cornet, France, def. Patty Schnyder, Switzerland, 6-1, 6-4.
 Anastasija Sevastova, Latvia, def. Polona Hercog, Slovenia, 7-5, 7-6 (6).
 Bethanie Mattek-Sands, U.S., def. Vera Dushkevina, Russia, 6-4, 6-4.
 Gisela Dulko, Argentina, def. Vania King, U.S., 2-6, 6-3, 6-2.
 Tímea Babcsinszky, Switzerland, def. Olga Govortsova, Belarus, 7-5, 2-6, 6-3.
 Kimiko Date-Krumm, Japan, def. Yaroslava Shvedova, Kazakhstan, 6-4, 7-5.
 Barbora Zlahavova Strycova, Czech Republic, def. Alison Riske, U.S., 6-2, 6-1.
 Lucie Safarova, Czech Republic, def. Kristina Barrois, Germany, 7-6 (9), 6-7 (5), 6-0.
 Sara Errani, Italy, def. Greta Arn, Hungary, 6-6, retired.

SOCCER

WOMEN'S CYPRUS CUP

At Paralimni, Cyprus
Yesterday's results
Championship
 Canada 2 Netherlands 1 (extra time)
Third Place
 France 3 Scotland 0
Fifth Place
 England 2 South Korea 0
Seventh Place
 Mexico 5 New Zealand 0
Ninth Place
 Italy 2 Russia 0
11th Place
 Switzerland 2 Northern Ireland 1

CHAMPIONS LEAGUE

ROUND OF 16
Second Leg
Yesterday's results
 Schalke (Germany) 3 Valencia (Spain) 1 (Schalke advances on 4-2 aggregate)
 Tottenham (England) 0 AC Milan (Italy) 0 (Tottenham advances on 1-0 aggregate)

ENGLAND

PREMIER LEAGUE

Yesterday's results
 Everton 1 Birmingham 1

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
New Zealand	4	3	0	1	0	6
Pakistan	4	3	0	1	0	6
Australia	3	2	1	0	1	5
Sri Lanka	4	2	1	1	1	5
Zimbabwe	3	1	0	2	0	2
Canada	4	1	0	3	0	2
Kenya	4	0	0	4	0	0

GROUP B

	MP	W	T	L	NR	Pt
India	4	3	1	0	0	7
England	4	2	1	1	0	5
South Africa	3	2	0	1	0	4
West Indies	3	2	0	1	0	4
Bangladesh	3	1	0	2	0	2
Ireland	3	1	0	2	0	2
Netherlands	4	0	0	4	0	0

Yesterday's result

At New Delhi

India (191 for five) def. Netherlands (189, all out) by five wickets.

Today's match

At Kandy (Pallekele), Sri Lanka

Today's match

At Mohali (Chandigarh), India

West Indies vs. Ireland

At Chittagong, Bangladesh

Bangladesh vs. England

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Kansas City	8	4	.667
Seattle	6	4	.600
Boston	7	5	.583
Texas	7	5	.583
Ireland	6	6	.571
Minnesota	6	5	.545
N.Y. Yankees	6	5	.545
Baltimore	5	5	.500
L.A. Angels	6	6	.500
Oakland	5	7	.417
Cleveland	4	7	.364
Tampa Bay	4	7	.364
Toronto	4	7	.364
Chicago White Sox	3	7	.300

NATIONAL LEAGUE

	W	L	Pct
San Francisco	10	4	.714
Washington	7	3	.700
Cincinnati	8	4	.667
St. Louis	7	4	.636
Atlanta	7	5	.583
Colorado	7	5	.583
Milwaukee	7	5	.583
Philadelphia	7	6	.538
Florida	5	5	.500
Pittsburgh	6	7	.462
San Diego	5	6	.455
N.Y. Mets	5	7	.417
L.A. Dodgers	5	8	.385
Arizona	5	10	.333
Chicago Cubs	4	8	.333
Houston	3	10	.231

NOTE: Split-squad games count in the standings; games against non-major league teams do not.

Yesterday's results

Tampa Bay 4 Toronto 3 (11 innings)
 Baltimore (ss) 11 Minnesota 2
 Boston 2 Baltimore (ss) 1
 Cincinnati 15 San Diego (ss) 5
 Colorado 8 L.A. Angels 1
 Kansas City 13 Chicago Cubs 4
 Milwaukee 11 Arizona 8
 N.Y. Mets 7 Houston 2
 N.Y. Yankees 4 Pittsburgh 2
 Philadelphia 5 Detroit 3
 San Diego (ss) 9 Cleveland 2
 San Francisco 4 Chicago White Sox 2
 Seattle 9 L.A. Dodgers 4
 St. Louis 6 Atlanta 1
 Texas 9 Oakland 2
 Washington 8 Florida 4

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Boston	46	16	.742	—
y-Chicago	45	18	.714	1½
d-Miami	43	21	.672	4
Orlando	40	24	.625	7
Atlanta	37	27	.578	10
New York	34	29	.540	12½
Philadelphia	33	31	.516	14
Indiana	27	37	.422	20
Charlotte	26	38	.406	21
Milwaukee	25	38	.397	21½
Detroit	23	42	.354	24½
New Jersey	20	43	.317	26½
Toronto	17	47	.266	30½
Washington	16	47	.254	30½
Cleveland	12	52	.188	35

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	52	12	.813	—
Dallas	46	18	.719	6
d-L.A. Lakers	46	19	.708	6½
d-Oklahoma City	40	23	.635	11½
Denver	37	27	.578	15
Portland	37	27	.578	15
New Orleans	38	29	.567	15½
Memphis	36	30	.545	17
Phoenix	33	29	.532	18
Utah	34	31	.523	18½
Houston	33	33	.500	20
Golden State	28	36	.438	24
L.A. Clippers	25	40	.385	27½
Sacramento	15	46	.246	35½

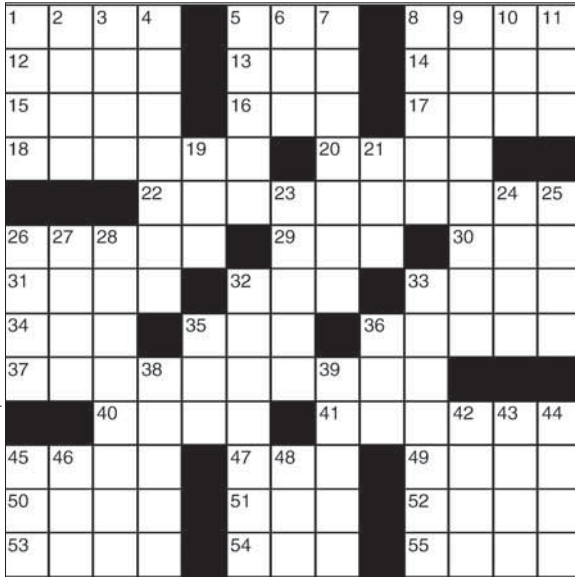
Crossword

Across

- 1 Houston acronym
- 5 Have a bug
- 8 Urban pall
- 12 Black, in poetry
- 13 Expert
- 14 Hemingway nickname
- 15 Join with a blowtorch
- 16 Ultramodernist
- 17 Formerly, formerly
- 18 Moe, Larry or Shemp
- 20 Croon
- 22 Property
- 26 Get more ammo
- 29 Shade source
- 30 Trigger's rider
- 31 — Major (constellation)
- 32 Pigs' digs
- 33 Existed
- 34 That man's
- 35 Buck's mate
- 36 Carries
- 37 Integer, e.g.
- 40 Daytime drama
- 41 Cruel
- 45 Too
- 47 Couric's network
- 49 Thought
- 50 Cut of pork
- 51 Reaction to sky-rockets
- 52 Standard
- 53 Undersized
- 54 Aye opposer
- 55 Icky stuff

Down

- 1 Information
- 2 Help underhandedly
- 3 One's performance

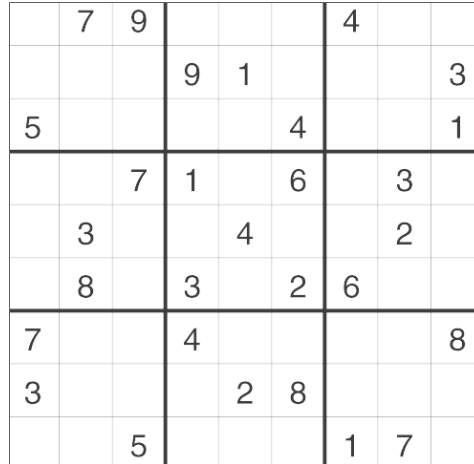


- 4 Pyrenees nation
- 5 Breathing problem
- 6 Anger
- 7 Without precision
- 8 Exhausted
- 9 "Dennis the Menace" girl
- 10 Chances, for short
- 11 "Roscoe"
- 19 Jewel
- 21 Doctrine
- 23 "— Eat Cake"
- 24 Ripped
- 25 Spud's buds
- 26 Rhine feeder
- 27 Huron neighbor
- 28 Booth, e.g.
- 32 Trace
- 33 Employed
- 35 "CSI" evidence
- 36 Commandment count
- 38 Daft
- 39 Full, as eyebrows
- 42 "American —"
- 43 Infamous fiddler
- 44 Moist
- 45 Matterhorn, for one
- 46 Reed or Rawls
- 48 Feathery neckpiece

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	8	3	2	4	6	7	5	9
4	7	9	8	5	1	2	6	3
5	6	2	3	7	9	1	4	8
2	4	7	1	3	5	8	9	6
6	9	1	4	8	2	5	3	7
8	3	5	9	6	7	4	1	2
7	1	8	5	9	3	6	2	4
9	5	4	6	2	8	3	7	1
3	2	6	7	1	4	9	8	5

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -13° Max -8°	Min -17° Max -13°	Min -18° Max -4°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



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Today's horoscope

♈ Aries March 21-April 20 Love is in the air, today. Is there someone you secretly fancy but haven't yet had the chance to approach? That chance is about to arrive. Be ready!

♉ Taurus April 21-May 21 You will find it remarkably easy to get your way today. If you use charm rather than coercion, almost anyone will do almost anything you ask — without any hesitation.

♊ Gemini May 22-June 21 No matter how much others might question your beliefs, you are comfortable with them and that is the only thing that matters. The more you look at the world today, the more it will make sense, and the happier you will be.

♋ Cancer June 22-July 22 Make sure you get value for money today. It's not like you to be easygoing about how your cash is spent, but for some reason you don't seem to care how much things are costing you. You should.

♌ Leo July 23-Aug. 23 It's one of the best days of the year for affairs of the heart. Make an effort to reach out to those you love. Some people seem to believe you love yourself more than them. Prove them wrong.

♍ Virgo Aug. 24-Sept. 22 Don't work so hard. Venus, planet of harmony, in the work and wellbeing area of your chart urges you to rest, relax and restore the equilibrium between mind, body and emotions.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 You won't be shy about letting those you care for know how much they mean to you. Creatively, too, this is a good day. Let your artistic side come out.

♏ Scorpio Oct. 24-Nov. 22 You may have been too busy to spend much quality time with family and friends, but that's OK because you are about to make up for it. You will happily sacrifice your desires for the needs of those around you.

♐ Sagittarius Nov. 23-Dec. 21 You will want to express your feelings in ways that can cast no doubt about what you are trying to say. This is a good time to write love letters or to pick up the phone and say, "I love you."

♑ Capricorn Dec. 22-Jan. 20 You may be in the middle of a winning streak, but don't take your good fortune for granted and spend too much money on things you don't need. What happened to that Capricorn caution? You'll need it.

♒ Aquarius Jan. 21-Feb. 18 Physically and emotionally, you feel good thanks to Venus in your sign. You will feel even better if you get out and meet as many people as you can. You are a social animal.

♓ Pisces Feb. 19-March 20 Try not to get too serious about life, today. There will be time to ponder when you have completed your current task. For now, it's about details. Stay focused. **SALLY BROMPTON**

Caption contest



"Finally, the little critter scores a hat trick!"

SARIKA GADIA

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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#281, City Center Location
10248 - 99th St NW

12959 - 97 St NW. (Money Mart)
10756 Jasper Ave (Money Mart)
9426 111th Ave (Money Mart)
13014 50th St (Money Mart)
10377 51 Ave (Money Mart)
10024 82nd Ave (Money Mart)

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BCOM Computer Centre: 3136 Parsons Rd
Cellular Toy Shoppe: 12528 - 132 Ave
Center Computer: 3873 - 99 St
Fix My Phone Inc.: 9729 - 118 Ave
Gigatech Systems Inc.: 10566 - 108 St
Hair Unlimited: #5, 10015 - 82 Ave
Sata Computer: #10, 8103 - 127 Avenue

The Renovation Store: 12049 - 127 St
Variety Dollar: 3427 - 118 Ave
Your Mobile: 11729 Jasper Ave